

The recipe listed here is a derivative of a popular Finnish recipe of home-made dog food "Yrjölän puuro" [trans. Finnish: "Yrjölä's Porridge"] developed during the 1950s by [J.A.U Yrjölä](#), a judge, a former Chairman of Finnish Kennel Club's Board of Directors and a chairman of [Suomen Rottweileryhdistys ry](#).



Adapted from and with permission from the [Rovaseudun Pystykorvakerho ry](#):

Ingredients

- 1 litre of water
- 1 ts of salt
- 1 dL of powdered milk
- ½ dL short-grain rice (eg. sushi rice, Arborio, or Nordic pudding rice)
- ½ dl whole pearl barley
- ½ dL whole millet groats
- ½ dL whole buckwheat groats (eg. kasha)
- 300 – 500 g ground pork and beef
- 2 – 3 carrots, grated

Instructions

- Grease the baking pan with margarine
- Add a litre of water to the pan
- Add salt and powdered milk
- Add rice, grains, ground meat and grated carrots
- Mix the ingredients in the pan
- Place the pan in the oven and bake at 200°C for 1 ½ to 2 hours
- Cool the porridge and place them aside in containers as single-serving portions
- Freeze for later

Conversions

- 1 L is 10 dL, 4.2 US cups or 34 fl. oz
- 1 dL is 100 mL, 0.42 US cup or 3.4 fl. oz
- 100 g is 3.5 oz
- 200°C is 392°F

This recipe is fairly easy to make and is a time-tested one. Yrjölä's Porridge is one of the most popular recipes for dogs in Nordic countries and readily available in many grocery stores in the frozen or refrigerated sections for only a few dollars.

The nutrient profile for this one has not been translated yet, but nevertheless a fairly easy one to make and can be adjusted. During the working season, it might be wise to have very fatty cuts; and during the off-season, lean cuts.

The reason for using this recipe is because a previous dog did well with Acana for the first year and a half of his life before Champion Petfoods changed the formula as the result of the gluten-free or grain-free trend. The problem with the changes in ingredients is that he couldn't digest starches from tubers such as potatoes and yams. Unfortunately, tubers are very common as binders in dog kibbles, and the brands which still use rice or other grains were difficult to come by or were low-quality.

There are many more home-made recipes available in *K9 Kitchen* and *Optimal Nutrition* by Monica Segal. Familiarize yourself with the Association of American Feed Control Officials's guidelines as well as European Pet Food Industry Federation and the National Research Council's. Most recipes out there will lead to long-term deficiencies and owners won't recognize the symptoms.